

CAMERA CATCHES MRS. HOOVER WORKING FOR BELGIAN RELIEF IN A COAST TOWN



Mrs. Timothy Hopkins (left) and Mrs. Herbert Hoover.

Though her activities have not been recorded in the newspapers, Mrs. Herbert Hoover, wife of the U. S. food administrator, has also been doing her bit to relieve suffering in the war and beat Germany. Photo shows her dressed as a peasant woman and selling trinkets at a Palo Alto market from a basket which she carries on her arm. The foto was for the benefit of the Belgian relief fund. Mrs. Hoover is accompanied by Mrs. Timothy Hopkins, a society leader of San Francisco.

Sunday School Lesson

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LESSON FOR OCTOBER 7TH

Lesson Title: "Psalms of Deliverance."

Lesson Text: "Psalms 85 and 126. Memorize Psalm 85:10, 11.

Golden Text: "They that sow in tears shall reap in joy." Psalm 126:5.

I. Righteousness and Peace.

In the 85th Psalm the writer looks forward to the deliverance of God's people. When that time comes it will be possible to say: "Mercy and truth are met together; righteousness and peace have kissed each other. Righteousness shall go before him (Jehovah) and shall make his footsteps a way to walk in."

There is here recognition of a fundamental fact, viz. there can be no real peace without righteousness. We are learning that as the great world war moves on, righteousness must first be secured and insured, after which peace can come and abide. There is no more recent and classic statement of this great truth than President Wilson's reply to the Pope's peace proposals. Because the world has lost confidence in the word of Germany's rulers any guarantee of peace they might offer would be uncertain. When nations do men lose their reputation for faithfulness, when they regard treaties as scraps of paper, it is impossible to do business with them in the community or in the world at large. Listen again to what the President says:

"We cannot take the word of the present rulers of Germany as a guarantee of anything that is to endure, unless explicitly supported by such

conclusive evidence of the will and purpose of the German people themselves as the other peoples of the world would be justified in accepting."

"Without such guarantees treaties of settlement, agreements for disarmament, covenants to set up arbitration in the place of force, territorial adjustments, reconstitutions of small nations, if made with the German government, if made with no nation could now depend on."

II. The Ministry of Tears.

The Psalmist further declares that "they that sow in tears shall reap in joy." This is an encouraging suggestion regarding the beneficent results of sorrow. These good results, of course, deepen our own attitude and spirit. Some people are hardened by sorrow and others are made more gentle and beautiful. Some joys are reaped only by the sorrowing. God comes closer to them. They discover how many friends they have in the world. The unseen and eternal things become more precious, the inner realities of the spirit grow more precious.

Dark places often bring us happy surprises. Margaret Slattery tells the following conversation with a little child: "I like to go through tunnels," said the child who sat by my side as we plunged into the black hole in the mountainside. "Cause I'm always so surprised when we come out." When we "came out" that time, it was indeed a surprise, for the beauty of the scene sent a hush over all the passengers. Amid the noise and smoke and darkness of the tunnel no one could imagine such a picture as this. "Perhaps, after all, that is what



Recipes and Advice
Interest to Housewives.

Corn Omelet—Grate or scrape two ears of corn. Break three eggs into a bowl and add: One-half teaspoonful of salt, pinch of pepper, two tablespoonfuls of cornstarch, four tablespoonfuls of water.

Beat well to mix and now add the prepared corn. Melt two tablespoonfuls of shortening in a frying pan and have it smoking hot before pouring in the mixture. Cook until set, then fold and roll. Dish on a hot platter and garnish with parsley.

Apple Corn Bread—Two cupfuls white cornmeal, two tablespoonfuls sugar, one-half teaspoonful salt, one teaspoonful baking powder, one and two-thirds cups milk, three tart apples pared and sliced. Mix the dry ingredients, add milk, and beat thoroughly. Add the apples. Pour into a well buttered shallow pan and bake 25 minutes in hot oven.

Spoon Bread—One pint milk, cornmeal, two eggs, salt. Heat milk. When hot, stir in cornmeal and cook to a smooth mush that will pour rather than drop from the spoon. Take from fire, add salt and yolks of eggs, one at a time, stirring constantly. Then fold in the beaten whites of the eggs and bake in a moderate oven one-half hour. Serve at once in baking dish.

Fruit Spoon Bread—Add to the spoon bread, as made in the preceding recipe, any fruit that is in season. Cooked, dried prunes, apricots, or peaches may be used.

Cornmeal Pancakes—Two cups flour, one cup cornmeal, one and one-half teaspoonful baking powder, one and one-half teaspoonful salt, two tablespoonfuls fat, one-half cup sugar, one and one-half cups boiling water, one and one-fourth cups milk, one egg. Add meal to boiling water and boil five minutes. Turn into bowl, add milk and remaining dry ingredients mixed and sifted, then the egg well beaten and the fat. Cook on a griddle.

Cornmeal and Wheat Waffles—One and one-fourth cups of water, one-half cup of cornmeal, one and one-half cups of milk, three cups flour, three tablespoonfuls sugar, one and one-half teaspoonfuls salt, yolks of two eggs, whites of three eggs, two and one-half teaspoonfuls melted fat. Cook the meal in boiling water 20 minutes. Add milk, dry ingredients mixed and sifted, yolks of two eggs well beaten, fat and whites of eggs beaten stiff. Cook on greased waffle iron.

tunnels are for, I found myself thinking—that the joy of a glad surprise may be ours when we come out. If only we could remember how often after life's darkest and hardest experiences the light and hope of days we thought never would come again have been ours, it would help us to endure patiently the tunnels into which we are plunged so suddenly in our journey through the world."

III. The Gladness of Goodness.

All that has been said about the ministry of tears, the surprises which await us after the dark places, and the fresh discoveries of joys we had not suspected—these go to make up the emphasis upon the gladness of goodness. Somebody has proposed the outrageous and impossible axiom which says: "Be good and you will be lonesome." It is not true. Those who are good know that it is not true. Goodness begets the gladness of precious friendships, the holy companionships which are open ultimately and permanently only for the good.

Cornmeal and Rice Waffles—One-half cup cornmeal, one-half cup flour, one cup boiled rice, two eggs well beaten, one tablespoonful melted fat, one-half teaspoonful soda, one teaspoonful salt, one cup sour milk.

Sift together the flour, soda and salt. Add the other ingredients and beat thoroughly.

Fruit Gems—One cup cornmeal, one and one-half cups milk, one teaspoonful salt, one-half cup raisins, one-half cup currants, one teaspoonful baking powder.

Cook the meal and salt in the milk for a few minutes. When cool add the baking powder and beat thoroughly. Add the fruit and bake in well greased muffin tins.

NEED TO STORE AND CAN FOOD

War has made Uncle Sam the biggest food buyer in this country, and the board bill for the soldiers will be \$800,000 a day.

This means that over \$4,000,000 worth of food must be taken out of the regular food channels of trade, which gives but an idea of the need of food conservation on the part of thousands of individuals at this time, for the encamped men, suddenly made non-producers, must be fed by those who are willing to become both producers and conservers.

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